

**IN THE CLAIMS:**

Please cancel claims 32-35 without prejudice.

Kindly amend claims 21 and 31, and add new claims 36 and 37 as follows.

The present listing of claims replaces all prior versions, and listings, of claims in the instant application.

**Listing of Claims:**

Claims 1-20 have been canceled.

21. (Currently Amended) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance;  
mounting the stud in a fistula formed in ~~a part of a wearer's tongue or in the wearer's lip~~ mouth;  
and  
dispensing the substance into the wearer's mouth.

22. (Previously presented) A method as recited in claim 21, wherein the substance comprises a breath freshener.

23. (Previously presented) A method as recited in claim 21, wherein the substance comprises a flavoring agent.

24. (Previously presented) A method as recited in claim 23, wherein the substance includes a

breath freshener mixed with the flavoring agent.

25. (Previously presented) A method as recited in claim 22, wherein a medication is mixed with the breath freshener.

26. (Previously presented) A method as recited in claim 23, wherein a medication is mixed with the flavoring agent.

27. (Previously presented) A method as recited in claim 24, wherein a medication is mixed with the breath freshener and the flavoring agent.

28. (Previously presented) A method as recited in claim 21, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

29. (Previously presented) A method as recited in claim 22, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

30. (Previously presented) A method as recited in claim 23, wherein the substance is dispensed into the wearer's mouth by dissolving the substance over time in the wearer's saliva.

31. (Currently amended) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the medication;

mounting the stud in a fistula formed in a part of a wearer's mouth or in the wearer's lip;  
and

dispensing the medication into the wearer's mouth.

32. (Canceled)

33. (Canceled)

34. (Canceled)

35. (Canceled)

36. (NEW) A method for dispensing a substance into a mouth, wherein the substance is selected from the group consisting of a breath freshener and a flavoring agent, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the substance;

mounting the stud in a fistula formed in a part of a wearer's mouth; and

dispensing the substance into the wearer's mouth, wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is made of metal.

37. (NEW) A method for dispensing a substance into a mouth, wherein the substance is a medication, the method comprising the steps of:

providing a mouth and tongue stud including a means for dispensing a substance formed in a portion of the stud, wherein the means for dispensing a substance contains the medication;

mounting the stud in a fistula formed in a part of a wearer's mouth; and

dispensing the medication into the wearer's mouth, wherein the stud comprises a bar having ends, a first end member attached to one end of the bar and a second end member attached to an other end of the bar, wherein the bar is made of metal.